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Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE !

May 22, 1944

SPRING TONIC!

They are good eating - a pick-up for the "much used" menus -- give eye appeal in well balanced meals. What are they? SALADS and FRESH VEGETABLES!

The vegetable market is beginning to show seasonal crops. Because they are hard to store, these foods should be used immediately. AVOID WASTE.

Vegetables that will be in good supply during June are:

Early Spring Onions	New Potatoes
Carrots	Peas
Lettuce	Beets
Early Tomatoes	Asparagus
Spinach	Artichokes (particularly (on West Coast)

Try new ideas -- the same food dressed up in a new sauce, salad dressing or seasoning is a selling point in food preparation.

The low supply of Onions is over. Serve the new early onions in a variety of ways with the entree as a vegetable or in salads.

Help the American Farmer by using seasonal crops in menu-planning.

Menu-Suggestions:

Orange and Onion Salad - sliced very thin - served with French Dressing.

Tomatoes and Cauliflower Salad - quartered tomatoes and crisp cauliflowerettes, marinated in special dressing.

(over)

Mustard Sauce to be Served with String Beans or Wax Beans

Ingredients	S e r v i n g s		
	20	50	100
Mustard, dry	3 Tbsp.	1/2 C.	1 C.
Margarine, fortified	3 Oz.	8 Oz.	1 Lb.
Flour	6 Oz.	1 Lb.	2 Lbs.
Water	3 Lbs.	7½ Lbs.	15 Lbs.
Vinegar	3 Oz.	8 Oz.	1 Lb.

Melt margarine; add mustard and flour, stirring until well blended. Add vinegar and water to the desired thickness. Serve when cold as a garnish to hot string or wax beans.

Different Salad Dressing

Ingredients	S e r v i n g s		
	20	50	100
Salt	2 tsp.	5 tsp.	10 tsp.
Sugar	4 tsp.	10 tsp.	1/2 Cup
Paprika	1/2tsp.	1-1/4 tsp.	2-1/2 tsp.
Salad Oil	2 Cups	5 Cups	2-1/2 qts.
Vinegar	1 Cup	2-1/2 Cups	5 Cups
Parsley, chopped	1/2Cup	1-1/4 Cups	2-1/2 Cups
Onions, chopped	8 tsp.	7 Tbsp.	14 Tbsp.
Eggs, hard cooked, chopped	4	10	20
Beets, cooked, chopped	8 oz.	1-1/4 Lb.	2-1/2 Lbs.

Mix the salt, sugar, paprika together. Add vinegar and oil; beat thoroughly. Add remaining ingredients. Mix well. Serve on cabbage, lettuce and Romaine salad.

